

Border Eagle

Vol. 53, No. 42

Laughlin Air Force Base, Texas

October 21, 2005

Newslines

Civilian time-off award

Gen. William R. Looney III, commander of Air Education and Training Command, has approved an eight-hour AETC Civilian Team Time-Off Award for all civilian employees in recognition of their superior support of Hurricanes Katrina and Rita.

"Although the time off can be used anytime, I'd like to encourage our civilian team members to use this award day during one of the scheduled family days before the end of the year to maximize family time and avoid the need to take personal leave," said General Looney.

The general is referring to family days scheduled for Nov. 14 and 25, and Dec. 23 and 30. For details, call the civilian personnel office at 298-5806.

Class retreat, graduation

Specialized Undergraduate Pilot Training Class 06-01 will conduct a retreat at 5 p.m. Thursday in Heritage Park. The class graduates during a ceremony at 10 a.m. Oct. 28 in the Anderson Hall auditorium. Retired Air Force Lt. Gen. Eugene Santarelli, former vice commander of Pacific Air Forces, will be the graduation speaker. Team XL is invited to attend both events.



Photo by Master Sgt. Anthony Hill

Airing local education issues

Col. Thomas Arko, 47th Flying Training Wing vice commander, engages with Laughlin parents to discuss concerns they have within the San Felipe Del Rio Consolidated Independent School District during an education town hall meeting Wednesday in the base theater. Colonel Arko presented recent school board meeting information and listened to issues parents had with their

children's schools and the school bus system. All Laughlin parents were invited, including those whose children are home-schooled or in private school. The town hall meeting was the first for this school year and emphasized parental involvement and initiatives to improve the quality of education for students in the Laughlin and Del Rio communities.

Environmental flight promotes recycling effort

Base-wide contest highlights upcoming recycling day event

Laughlin's environmental flight has planned a variety of activities and a base-wide contest for the upcoming observance of America Recycles Day in November.

Prior to the observance, base residents will have an opportunity to compete for a grand prize during a recycling competition. Starting Oct. 26, residents should begin tracking their recycled items. At the end of the competition, the resident who has collected

the most recycled items wins the grand prize, a kayak. The winner will be announced Nov. 15 during the America Recycles Day observance and must be present to collect the prize.

Official log sheets will be available at a public outreach and recycling display table which will be located at the commissary from 10 to 11 a.m. and 1 to 4 p.m. today and Tuesday. The logs will also be available upon request from the 47th Civil Engineer Squadron environmental flight.

Residents will maintain their recyclable items in a bin. The logs should be taped to the bins on Nov. 2 and 9. They will be collected and verified when the environmental flight

picks them up. The logs will be tallied, and the home with the most recycled items wins the competition.

Children will also be able to participate in a contest where two bicycles will be given to winners. A design art contest will be conducted where children will decorate a box with recyclable items. The boxes can be of any size from shoebox to moving wardrobe box. Children should take their completed boxes to the Fiesta Center at 4 p.m. Nov. 15. at the America Recycles Day observance. Tickets will be used to judge the designs. Each person attending the observance will be given a

See 'Recycling,' page 4

Deployment stats

Deployed:	15
Returning in 30 days:	2
Deploying in 30 days:	2

Mission status

Mission capable rate
(As of Tuesday)
T-1, 88% T-6, 92.5%
T-38C, 85.5%

Alcohol-related incidents

January to October 2004 20

Jan. 1 to Oct. 20, 2005 20

Days since last incident 42

Disaster relief: How XLers contributed



Commander's Corner

By Capt. Darrell Burghard
*47th Logistics Readiness Division
chief*

Last week, the Border Eagle ran a thank you letter from Gen. William Looney to all in Air Education and Training Command for our efforts in supporting victims of Hurricanes Katrina and Rita. In particular, he praised how we rallied to get Keesler Air Force Base back up and running in record time. He mentioned most bases by name and how they were involved. In case you were unaware of what we did, I'd like to detail Laughlin's involvement, and that we stood ready and poised to help in whatever ways were needed.

Most of you are aware of the support drive held here. Laughlin personnel donated two truckloads of supplies to support hurricane victims through diligent volunteer efforts by many members of the community. In addition, Team XL provided support to local agencies that went to provide on-site support. We provided Meals Ready to Eat to the National Park Service and loaned tactical vests and equipment to Val Verde Correctional Facility personnel who deployed to New Orleans.

We also sent a satellite phone forward when AETC needed communications capabilities and deployed radios to Keesler to support the security forces there. When commercial delivery quoted three-day transit, we instead flew the equipment by T-1 into the newly reopened runway within hours of the request.

Laughlin also deployed XL warriors, but only a handful compared to the number of people who volunteered. Within a day of the hurricane, we sent one of our legal specialists to Keesler AFB. We quickly followed him with members from public affairs, logistics/plans, contracting, chaplain, comptroller and the Family Support Center. Members from across the wing, from Airman to colonel volunteered to deploy wherever they were needed in order to allow deployed members of Team Keesler to return home to their families following the disaster. At this time, none of these volunteers have been tasked, but it is still a possibility as we move through air and space expeditionary force 7/8 and into AEF 9/10.

While our deploying members were providing assistance elsewhere, other XLers were busy providing support locally for six displaced military families who evacuated here. The FSC continues close contact with these families and stands ready to help out however we can.

Later when Hurricane Rita approached Texas' coast,

Laughlin had more opportunities to shine. Three H-60s and their crews evacuated Corpus Christi depot to ride out the storm here. At the same time, many military families and retirees worked their way west, quickly filling Laughlin Manor. Soon after, the 920th Air Rescue Wing from Patrick and Davis-Monthan AFBs forward deployed five H-60s here late at night, bringing three of them onboard a C-5 and flying the other two. We kept the airfield and dining facility open for them providing them world-class support while they were here.

Most impressive to me, though, was that Team XL accomplished all this with little or no impact to either the flying training mission or preparing world-class deployers. In fact, everything went so smoothly, this may be the first some of you are hearing about it.

As a final note, I want to offer my own thanks to all the people who made these things happen: those who worked through Labor Day weekend to make sure our members deployed; those who stayed late to keep the airfield up and running; those who made sure everyone had a place to sleep, food to eat, transportation when they needed it, and all the other things needed to accomplish the mission; and those who donated supplies and money to support those in need. Thank you. I am proud to be a part of such a special group of people, this precision group called Team XL.

Each small task can be considered the ultimate sacrifice

By Maj. Darren Easton
37th Helicopter Flight commander

Over the course of time, and specifically since Sept. 11, 2001, many of our comrades have made the ultimate sacrifice for their country, giving their very lives in the name of freedom. I salute each and every one of them and owe them my service to the same cause as a debt of gratitude.

Countless others, however,

have given the same sacrifice, although in a different way. To paraphrase a passage in the Bible, it is good to die for a cause, but even more difficult to live for that cause.

When I swore my life to the Constitution of the United States of America, like all of us in uniform, I pondered the prospect of dying for it. Now, many years down the road, and many nights away from my wife and children, I realize what I really swore was to live for

the Constitution, and if necessary, put myself in harm's way for it.

The Soldiers, Sailors, Marines and Airmen who have made the ultimate sacrifice are not so different from thousands of patriots who live among us, sacrificing a few minutes or hours at a time for the cause of freedom. They give their lives freely, albeit incrementally, to operate, guard and maintain our Air Force, day in and day

See 'Sacrifice,' page 3

Border Eagle

Editorial Staff

Col. Tod Wolters

Commander

Capt. Ken Hall

Public affairs chief

Master Sgt. Anthony Hill

PA NCO in charge

Senior Airman Austin May

Staff Writer/Photographer

Airman 1st Class

Olufemi Owolabi

Editor

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Deadlines

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Submissions can be e-mailed to: olufemi.owolabi@laughlin.af.mil or sheila.johnston@laughlin.af.mil.

Advertising

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Actionline

Col. Tod Wolters
47th Flying Training
Wing commander



Call 298-5351 or email
actionline@laughlin.af.mil

One way to work through problems that haven't been solved through normal channels is the Commander's Actionline. Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved. When calling or e-mailing the Actionline, please keep messages brief and remember to include your name and phone number so you are assured of a timely personal reply. Contact information is also useful when additional information is needed to pursue your inquiry. We will make every attempt to ensure confidentiality when appropriate. If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions. Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

298-HOME

Fridays + Saturdays:
10 p.m. to 3 a.m.
Free and open to all base
personnel.

Gen. Ellis bids a fond farewell to 19th Air Force

By Maj. Gen. Edward “Buster” Ellis
19th Air Force commander

RANDOLPH AIR FORCE BASE, Texas — As Dr. Seuss of “Cat in the Hat” fame once said of farewells, “Don’t cry because it’s over. Smile because it happened.” That’s the mindset Sydney and I have adopted as we gather our thoughts for our final Air Force move later this month. And, boy, do we have a lot to smile about! From my first days in pilot training more than 34 years ago at Craig Air Force Base in my home state of Alabama to the culmination of my career here at Randolph, we met so many great Americans along

the way and cherished every assignment. It has been my professional honor and personal privilege to serve as your commander since June 2004. During my base visits, I saw the outstanding quality of the people who conduct our training mission and the high caliber of the graduates we send off to be warfighters. Our mission success is second to none and the great people who conduct and support our daily operations are to thank for that. When I served as a commander overseas before coming to 19th AF, I saw first hand how our training programs impact our national defense efforts. You need to know that your work is appreciated and respected by

the warfighting commanders. I challenge you to continue your high level of excellence ... your duty is vital to the nation ... whether in operations, support or medical disciplines. Continue to make our team the most feared and respected air and space power on the planet. Even though Sydney and I soon begin a new chapter in our lives, we will always be part of this great Air Force family. If you see us strolling the streets of Montgomery, Ala., or during one of our visits to Maxwell AFB, give us a “hello.” You will recognize us ... we’ll be the couple with the smiles on our faces! Our best wishes to you personally and for continued 19th Air Force mission excellence.

Sacrifice, from page 2

out, 24/7/365, for the same cause as those who stormed Baghdad to topple a tyrant whose reign threatened the stability of a region and possibly the globe. The commanders who sent their troops into harm’s way in Iraq and Afghanistan, no doubt, spent many hours searching their souls to ensure they did not send their troops into harm’s way without due cause. They weighed the risks against the benefits to the specific mission, and with heavy hearts, gave their orders. Likewise, supervisors at all levels, from commanders to the first line Senior Airmen, let us consider carefully what we are asking of our Airmen before we compel them to sacrifice their lives, even if only a few minutes at a time. Recently, in my unit, we planned a mission that got cancelled at the last minute. I overheard one of my Airmen say, “that’s an hour of my life I’ll never get back.” Sometimes, that’s simply the cost of doing the mission. Our challenge as supervisors at all levels, down to the Senior Airman in charge of other Airmen, is to evaluate the tasks we assign those in our charge in order to ensure the things we are asking of them work toward the goal of

mission accomplishment. Earlier in my career, I had a supervisor who was a great leader, an exemplary officer and a patriotic American. However, he had a habit of assigning the same project to two or three different officers at the same time. I might be working on a project, only to find after hours of effort that another officer in the unit was working on the same thing. It was discouraging to think the time away from my family was duplicating the efforts of others away from their families. The lesson I learned from this, as a commander, is we must consider carefully the tasks we assign our Airmen and ask ourselves what the nation is gaining from the sacrifice we are demanding of our troops. This is not to condemn any particular commander or policy, but rather to inspire all those in any position of leadership to think about the sacrifice they are asking of their Airmen, a few minutes at a time. Every unit in the Air Force has both a direct mission requirement and the ancillary duties that support it.

Mission execution, esprit de corps, quality of life and base appearance all contribute to the mission. The true question to ask is not,

“How long?” any specific task takes, but rather, “Does it contribute to the mission?” Is the time well spent? When our Airmen get out of bed in the morning, do they know they are going to make a difference that day? Are they confident their sacrifices are essential, or are they just punching the clock? Are we asking them to do what is important, or are we wasting their time? When I get a detail together to police around my unit for trash, the History Channel almost never sends a crew over to chronicle the sacrifice of the brave and valiant men and women of the 37th HS. However, those Airmen just gave 10 minutes of their lives they will never get back, and I have to respect that. It is my job as their leader to ensure they know that even in the small details, their sacrifice is important. What I am asking supervisors of all levels, from Senior Airman to general officers, is when they order their Airmen to execute any task, they remember they are asking for the ultimate sacrifice a few minutes and hours at a time. Remember that while our Airmen may not be fighting in the streets of Baghdad, they nonetheless are sacrificing their lives every day in service to their country. Let’s make it count!

Recycling,

from page 1

ticket, and they will give their ticket to the child whose project they like best.

The average American produces 3.7 pounds of trash each day, said David Morin, pollution prevention manager in the environmental flight. This year, Laughlin housing residents averaged more than 40 tons of garbage each month, which all went to the Del Rio landfill.

Also this year, Laughlin residents have recycled 70 tons of items which saved 1,361 trees and 240 cubic yards of Del Rio's landfill space, said Mr. Morin. He added that the base also saved 328 megawatt hours of electricity, and 560,000 gallons of water which would have been used to process new products from raw material.

"Recycling is the key to keeping our environment clean," said Mr. Morin. "Taking the time to observe an event such as America Recycles Day gives everyone who participates an opportunity to gain more awareness about recycling and the benefits it offers.

"Not only will our activities and events planned for the next few weeks benefit and showcase Laughlin's recycling program, but individuals will hopefully be encouraged to continue their recycling efforts and make our Laughlin community a cleaner environment to live in."

(Courtesy 47th Civil Engineer Squadron)



Chapel accepting administrative support coordinator resumes

The base chapel will receive resumes and sealed bids for a tithes and offerings fund administrative support coordinator for the Protestant Parish beginning Monday until Nov. 9. Bring resumes to the chapel during duty hours and pick up required documents. The selection board convenes Nov. 10. For more information, call 298-5111.



BAADD program shows success, continues effort

By Kathy White
Public Affairs

Saving lives and careers is what Base Airmen Against Drunk Driving is all about. Last quarter, 80 people gave up their weekend nights to help other Team XL members.

BAADD volunteers took 30 calls from July 1 to Sept. 30. Because of their work, 76 people got home safely.

The free ride home is available to all Laughlin members—military and civilians. If you need a ride, call 298-HOME. They’ll pick you up anywhere in Del Rio, including the U.S. side of the international bridge.

Master Sgt. Dora Caniglia, BAADD president, is pleased with the program’s success so far.

She said, “I’d really like to thank all the people, flights and squadrons who dedicate their time on a regular basis. This program wouldn’t be successful without their help.”

To volunteer as a driver for the BAADD program, call 298-5759 or 298-6435.

Office closures

Comptroller closure

Finance customer service will close at 2:50 p.m. today for commander’s call. In the event of an emergency, call the command post at 298-5167, who will notify a finance customer service representative.

Legal walk-in hours

Walk-in legal assistance will be cancelledlegalDue to numerous scheduling conflicts, Walk-in Legal Assistance is cancelled Monday through Oct. 28. Normal walk-in legal assistance hours will resume Nov. 1., which are Tuesdays 3 to 4 p.m. and Thursdays 8 to 9 a.m. For more information, call 298-5172.

4 X 10
ARMED FORCES
(Buying a Car)

AFA generates support as advocate for servicemembers

By Master Sgt. Anthony Hill
Public Affairs

For the past 59 years, the Air Force Association has been known as a voice in support of the U.S. Air Force.

The AFA began in 1946 as an independent civilian organization to argue the case for military preparedness and the importance of air power and has evolved today to more than 230 chapters throughout the country.

Led by volunteer leaders at the national, state and local levels, the AFA works with members of the U.S. Congress, Department of Defense and other governmental agencies to garner support that will enhance the overall Air Force mission and quality of life for its Airmen.

“The Air Force Association plays a very important role as an advocate for aerospace power and a strong national defense,” said Larry Martwig, president of Del Rio’s AFA Chapter 358. “We support the U.S. Air Force and the Air Force family, and we also work to educate the public about the critical role air and space power plays in defense of our country.”

AFA membership is open to active duty members and veterans of all military branches, in addition to their

spouses and lineal ancestors and descendants.

Other programs sponsored by the association include national symposiums across the country that feature key Air Force and DoD leaders; the annual Air Force Ball in Los Angeles and other events to raise money for the Aerospace Education Foundation and Air Force charities; the Outstanding Squadron Dinner that honors the Air Force Academy’s top cadet squadron; the Air Force’s 12 Outstanding Airmen of the Year; and a variety of awards that honor top Air Force professionals in key career fields.

An example of how the Del Rio AFA chapter participates in the organization’s programs was highlighted during a recent dinner.

Del Rio’s chapter joined the Order of Daedalians to sponsor a dinner Oct. 13 which featured Ret. Lt. Gen. John Sams, vice president for Air Force Systems-Boeing and former 15th Air Force commander, as guest speaker.

“The AFA plays a key role in supporting and recognizing our Airmen, enlisted and officer, as they defend our nation,” said General Sams. “Nowhere is this represented better than in the recognition of our 12 Outstand-



Photo by Senior Airman Austin May

Ret. Lt. Gen. John Sams, former 15th Air Force commander and currently vice president for Air Force Systems-Boeing, gets a quick flight in a T-38 Talon simulator while Maj. Jose Colon, a T-38 instructor from the 87th Flying Training Squadron, looks on. The local Air Force Association Chapter 358, along with the Order of Daedalians, invited General Sams as speaker for a dinner held at Club XL Oct. 13. General Sams said it was fantastic seeing the equipment student pilots are using these days.

ing Airmen Program, and the recognition the award winners receive each year at the National Convention in Washington, DC. The AFA Chapter in Del Rio is actively working to support Laughlin Airmen (who attend) this event, and anything I (can) do to help I consider an honor. I was most im-

pressed at Laughlin with the dedication of the men and women, active duty, civil service, and contractors, working as a team to train America’s finest.”

For more information or to join the AFA, call Mr. Martwig at 298-5640 or visit the Website at www.afa358.org.

Climate survey offers Airmen chance to speak now, shape future

By Master Sgt. Anthony Hill
Public Affairs

The 2005 Air Force Climate Survey was launched Oct. 1 and provides Team XL an opportunity to shape the future and give its opinion along with other Airmen throughout the Air Force.

“This survey will help us ensure we are taking care of our most important asset—our people,” said Gen. T. Michael Moseley, Air Force Chief of Staff, in a recent message. “Making sure our Air Force is a family where men and women of every rank, every race, every religion and every background can work with one another is key to us fulfilling our duties to the nation.

The results of the survey will be made available to you early next year. They will be used to make sure that our service continues to be an effective, seamless, total force. The questions in the survey are intentionally hard-hitting, and I fully expect your direct, honest, and candid feedback.”

The general added that the most advanced information-masking reporting software is being used to ensure everyone’s identity will be protected.

Forty-nine percent of Laughlin members participated in the 2003 Climate Survey; which was just one percent below the Air Force participation average.

Base leaders here encourage all personnel to log on to <https://afclimatesurvey.af.mil/> and complete the survey. The survey runs through Nov. 23 and can be completed online anytime during the survey period from either a government or personal computer.

“If you don’t type, you can’t gripe,” said Col. Thomas Arko, 47th Flying Training Wing vice commander. “This is a chance for all our Airmen to have input and make a difference in how the Air Force affects them. When an opportunity like this comes along, everyone should take the attitude and responsibility to make their opinions known in an effort to improve their quality of life.”

The survey provides a total-force perspective

and includes active-duty members, civilians, the Air Force Reserve Command and Air National Guard.

Offered every two years since 1997, the survey measures how people feel about leadership, supervision, training, recognition and other aspects of the Air Force.

This year’s survey also measures enduring competencies such as effective communication, teamwork, judgment and adaptation under pressure. The results will provide senior leaders a baseline of the competencies which will be used for force development.

“The direction we take depends on you!” said Chief Master Sgt. of the Air Force Gerald Murray. “The motto of the 2005 Climate Survey, ‘Speak Today, Shape Tomorrow,’ accurately reflects the impact this survey has on our Air Force. It’s your chance to provide honest and straightforward answers to issues that directly affect you and your fellow Airmen. Your identity is protected and every response is reviewed for consideration.”

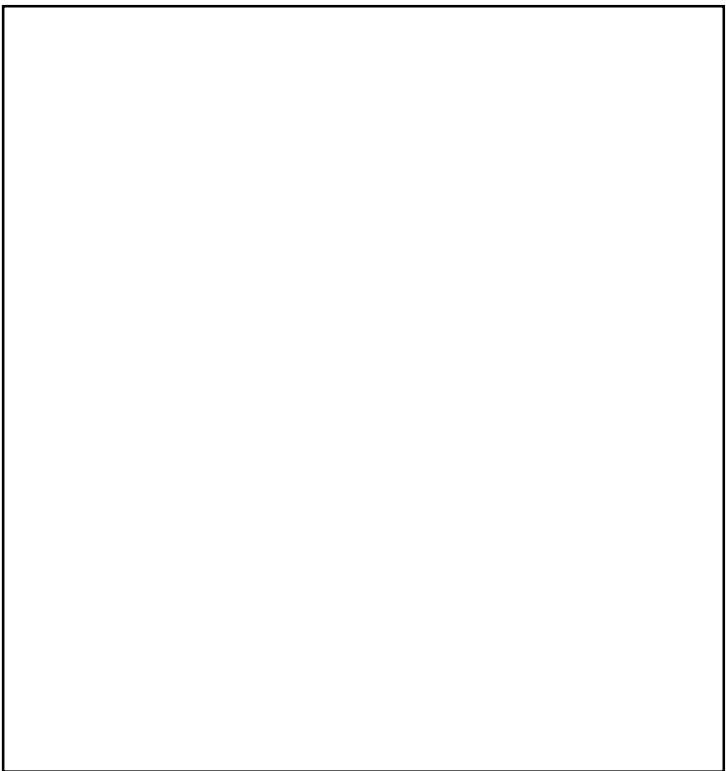
(Information compiled from Air Force Print News)

Preparing for the flu season

Maj. Gary Barlet (above), 47th Communications Squadron commander, and Lt. Col. Peter Bahm (below), 47th Civil Engineer Squadron commander, lead the way as Staff Sgt. Sheryl Smith, of the 47th Aeromedical-Dental Squadron, administers both the new Flumist and traditional vaccination to them Tuesday. The medical staff will begin vaccination of the base populace once enough is on hand which is expected in mid-November. The flu vaccine is recommended for people who are at risk of serious influenza or its complications, and for people who can spread influenza to those at high risk. The vaccine can be given to people 6 months of age and older. Active duty members and their families, DOD civilians and retirees who meet the criteria are eligible to receive the flu vaccine.



Photos by Airman 1st Class Olufemi Owolabi



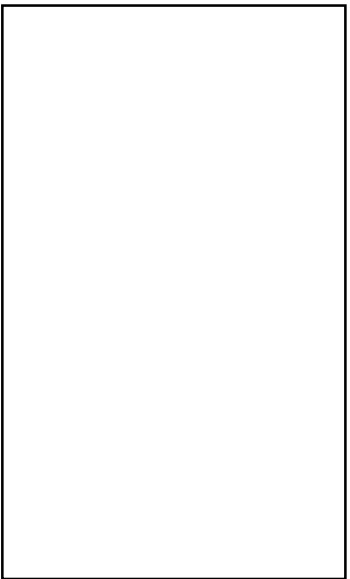
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Phase III fine tunes s

Part 2

By Airman 1st Class
Olufemi Owolabi
Editor

After spending about four months in the first and second phases of pilot training, students in the Specialized Undergraduate Pilot Training program move on to their next phase of training—Phase III.

Witnessing this progress of students' skills, according to instructor pilots, is one of the biggest rewards of training pilots.

Instructors feel a certain pride when students stand up at the track-select ceremony concluding Phase II and progress to Phase III. Everyone in the room can especially appreciate and share this pride when students get their first choice of aircraft.

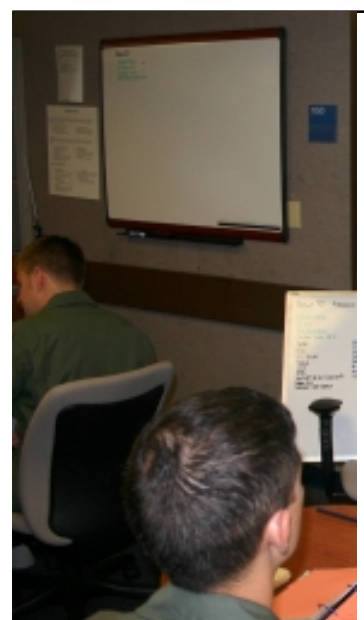
"Students are assigned their "track" based on the Merit Assignment Selection System (MASS) score," said Lt. Col. Merrill Armstrong, 85th Flying Training

Squadron operations officer. "They receive weighted overall score based on academic achievement, daily flying grades/emergency procedures, quizzes/daily emergency procedures stand-up training, check-ride scores, and flight commander ranking. These scores are then "racked and stacked" from top to bottom (International and Guards/Reserve students are included in this ranking) and coordinated through the wing commander as final."

Just as the first and second phases of pilot training serve as stepping stones for performance in the T-1s or T-38s, Phase III is the stepping stone for students who want to be fighter, bomber, airlift or tanker pilots.

Students who are selected to fly the T-1 Jayhawk aircraft are assigned to the 86th Flying Training Squadron, while those flying T-38s are assigned to the 87th FTS.

Students in the T-1 program fly more than 50 sorties before they graduate,



(Above) Capt. Rich Jones, instructor pilot briefs an S... here Tuesday. (Left) The i... tures improved avionics and in design to fighter aircraft Falcon and F/A-22 Raptor



(Right) First Lt. Abram Woody and 2nd Lt. Derrick Erickson, of the 87th Flying Training Squadron, prepare for a flight in the T-38 during a training session here Thursday.

while T-38 students fly about 90 sorties.

According to 96th FTS instructors, this phase of pilot training program is more physically and mentally challenging no matter which aircraft the student is flying.

The 96th FTS currently has 20 T-38 IPs and 22 T-1 IPs assigned.

"Once students track to T-1, we welcome them and get them integrated into the squadron," said Lt. Col. Dave Stamos, 86th Flying Training Squadron operations officer. "Then we basically lay down the ground rules and how training should go. The next day, they start about three weeks of academics."

The T-1 program is geared toward students who will go on to fly tankers or transporters commonly known as "heavies."

Students' academics after they track differ from what they learned during the first two phases of pilot training. They prepare to learn a new airplane all over again because every airplane has its own flight characteristics and different systems.

According to 1st Lt. Evan Reck, an SUPT Class 06-01 student scheduled to graduate Oct. 28, the T-1 program is more advanced than the T-6s.

"The T-1 program is more of a crew concept, and we learned to be an important part of the team," he said.

Training in the T-1 is divided into three phases—transition phase, which is basic flying characteristics of the airplane; navigation phase, with low-level and high-level navigations; and the mission-familiarization phase, in which students simulate low-level airdrop, high-level air refueling and formation.

"In formation flight, we don't get very close," Colonel Stamos explained. "We emphasize the large-aircraft formation; the closest they get is about 200 to 300 feet in formation. During air refueling which is different from formation, we get to come up within 10 feet."

T-1 graduates go on to fly large aircraft, mostly with Air Mobility Command, and some of them fly with Air Combat Command, he

student pilots' skills



ones, 87th Flying Training Squadron in-
an SUPT T-38 student before their flight
he interior of the T-38C Talon trainer fea-
cs and support systems that make it closer
ircraft like the F-15 Eagle, F-16 Fighting
ptor.

PT said.
ct. The T-38 training prepares pilots for
the fighter aircraft such as the F-15, F-16 and A-
10. Training in the T-38 focuses on formation
on- flying and tactical formations used during
t of wartime or combat.

ree "The T-38 track is primarily for students
fly- who will be going on to fighters or bomber
ion aircraft," said Lt. Col. George Fenimore, 96th
ga- Flying Training Squadron commander. "The
se, focus is on high-performance flying at higher
op, speed and high Gs."

ery In order to meet the G tolerance, students
m- are required to stay in good physical shape.
os- Students meet this requirement by exercising
a- and staying hydrated.

ent In the T-38 program, students are required
10 to pull higher Gs, maneuver and turn at higher
speed and maintain coordination in close and
tactical formations.

aft, Training in the T-38 is subdivided into dif-
me ferent phases such as contact and check ride,
he which test the students' basic knowledge of
the aircraft and emergency procedures.

"Then we go on to formation; this is where we place our greatest emphasis because pilots mostly experience this everyday in the combat Air Force," said Capt. Rich Jones, 87th FTS IP. "In formation, we teach them how to be good wingmen and what their responsibilities are as wingmen during emergencies."

Other training includes, advanced two-ship formation, instrument flight and navigation, low-level phase, and introduction to fighter fundamentals.

Captain Jones said above all, safety is paramount in everything they do. "Safety is required of an Air Force pilot in order to safely accomplish the mission," he added. "If a pilot cannot apply safety at the forefront, he cannot get the jet back on the ground, and he cannot accomplish the mission successfully."

Captain Jones recalled when he was a student pilot in an SUPT class. He said there were many challenges in SUPT. So when students track, he said they should not relent in their hard work.

"They should be able to bring the amount of effort which made them successful in the first two phases over here," he said. "The six months they have left is also pretty challenging."

Furthermore, he said the level of competition in T-38 training is very high.

"This is only the beginning; attitude is 100 percent in what they do," he said. "After they graduate, they are stepping up to a different ball game; they are going up a notch and competition will get tougher; therefore, students should learn how to pay attention to everything that's going on and work harder. The bottom line is they are here to learn and be the best pilots in the world."

Editor's Note:

This is the second of a two-part series on Laughlin's Specialized Undergraduate Pilot Training program.



Photos by Airman 1st Class Olufemi A. Owolabi

The interior of the T-1A Jayhawk. The Jayhawk is a medium-range, twin-engine jet trainer. It is used by the U. S. Air Force's Air Education and Training Command to train student pilots to fly airlift or tanker aircraft. It has cockpit seating for an instructor and two students and is powered by twin turbofan engines.



(From right) Capt. Michael Stevens, a 96th Flying Training Squadron instructor pilot, reviews the flight checklist with 1st Lt. Brian Epperson and 2nd Lt. Bill Greer, before their flight in the T-1 Jayhawk aircraft here Wednesday. Lieutenants Epperson and Greer are students of Laughlin's Specialized Undergraduate Pilot Training Class 06-02. SUPT Class 06-02 is scheduled to graduate in November.



Mauddie Martin
47th Civil Engineer Squadron

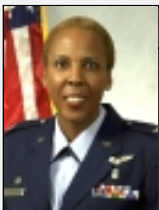
Hometown: Del Rio
Family: Three children and four grand children
Time at Laughlin: Since 1973
Time in civil service: 30 years
Greatest accomplishments: Creating the squadron’s 2006 financial plan and receiving kudos from the command for producing “one of the best and detailed budgets”
Hobbies: Bartending, dancing, and helping elderly people and children
Favorite movie: Anything with Elvis Presley

Bad habit: Being too humble
If you could spend one hour with any person, who would it be and why? My mother who has passed on. I would love to tell her how much she really means to me, and that she was the greatest mom in the world.

“Mauddie Martin is the key player in the civil engineer resources flight. With firm hand on the CE pocketbook, she is a dedicated professional who exemplifies a true XLer.”
—Lin Howe-Young,
47th Civil Engineer Squadron



Photo by Airman 1st Class Olufemi A. Owolabi



What's
up Doc?

By Col. Laura Torres-Reyes
47th Medical Group
commander

Question: I have a question concerning aspartame in sugar-free drinks, I am trying to cut down sugar in my diet, and I have been drinking a lot of beverages sweetened with aspartame. Is it actually safe? Sometimes I think it is too good to be true or safe.

Answer: Yes, the U.S. Food and Drug Administration (FDA) considers aspartame safe. Aspartame is an artificial sweetener that is distributed under the trade names Nutrasweet and Equal. It was approved by the FDA in 1981 after tests confirmed that it did not cause cancer in laboratory animals.

In 1996, interest was renewed in its safety after a report was released that suggested it may have been associated with an increase in reported brain tumors in the U.S. between 1975 and 1992. However, a National Cancer Institute (NCI) analysis was able to show that the overall increase in brain and central nervous system cancers in the United States began eight years prior to the introduction of aspartame.

The NCI analysis, and other data based on animal and human studies, does not support a link between the use of aspartame and the development of brain tumors. Saccharin, marketed as Sweet n' Low, is another artificial sweetener that has had controversy related to its possible association with bladder cancer in laboratory animals. More recent findings, and additional research with laboratory animals, suggest that consumption of saccharin is not a major risk factor for bladder cancer in humans. Sucralose, commercially marketed as Splenda, is another tabletop sweetener that is considered safe by the FDA. It is used in products such as baked goods, nonalcoholic

beverages, chewing gum, frozen dairy desserts, fruit juices and gelatins.

In recent years, a new sweetening product called stevia has received a lot of public attention. To date, the FDA has not approved it for use as a sweetener in the United States, but it can be sold as a dietary supplement. So far researchers have found that the main chemical in stevia may be converted to a compound that can cause changes in genes.

More studies are needed to determine if the changes in genes might lead to cancer in people. The bottom line is that artificial sweeteners currently on the market are considered safe and offer an excellent alternative for individuals who want a sweet taste without the calories. Thanks for your question!

You may contact Colonel Torres-Reyes at laura.torres-reyes@laughlin.af.mil if you have a What's Up Doc? question.



The following are Laughlin's intramural football standings as of Tuesday.

Scheduled games are played at 6:30, 7:30 and 8:30 p.m. Mondays through Thursdays on the fitness field.
(Courtesy Losano Fitness Center)

Eastern Conference

Team	W	L
47 CES	2	0
47 MED	1	1
47 SFS	1	1
47 CS/CON/SVS	1	2
47 MSS	1	2

Western Conference

Team	W	L
LSI	2	0
86th FTS	1	1
47 OSS	1	1
87th FTS	1	2
LCSAM	1	2
84th/85th FTS	0	2

Domestic violence is a health concern: know the signs

Domestic violence is the leading cause of injury to women, according to the American Institute on Domestic Violence. The institute also reported that health-related costs of rape, physical assault, stalking and homicide by intimate partners exceed \$5.8 billion each year, with \$4.1 billion of that for victims with medical and mental health care services.

As domestic violence awareness is observed this month, the base family advocacy staff encourages everyone to understand what domestic violence is and how to recognize its warning signs.

Violence is a learned behavioral response to stress, frustration and anger. Domestic violence adds the dimension of the unequal social and economic power between men and women. Even with more equal rights for women, the majority of reported incidents are still with females as victims and males as offenders.

The American Institute on Domestic Violence reported that 85 to 95 percent of all domestic violence victims are female.

Knowing and recognizing the types of domestic violence can be a big factor in reducing the number of those who are abused.

There are three forms of domestic violence...physical, sexual and emotional. Each form has a variety of unlimited characteristics.

The physical form includes pushing, shoving, slapping, hitting with fist, kicking, choking, grab-

bing, pinching, pulling hair, and threatening with weapons.

Sexual violence involves forced sex against a person's will, forcing sex after violence has occurred, physically attacking the sexual parts of a person's body or treating someone like a sexual object.

The emotional form includes name-calling, public humiliation, brainwashing, mind games, or isolating them from friends and family.

The causes of domestic abuse are rarely pathological, and the use of alcohol does not cause the violence to occur, according to domestic violence researchers. Although alcohol and chemical abuse are often found in conjunction with abusive behavior and may exacerbate the situation, their uses are only contributing "factors."

To help identify domestic violence, the following indicators are listed. No single characteristic is a sign of trouble, but several combined would be grounds for further investigation.

The abused person may:

- Show guilt, ambivalence, and fear over living conditions
- Feel isolated and untrusting of others, even though they may be involved in the community
- Be emotionally and economically dependent
- Have a poor self-concept (this may not have been true before the relationship).

- Have observed other people in the family being abused or may have been abused as a child
- Feel angry, embarrassed, and ashamed
- Be fearful of going "crazy"
- Have learned to feel helpless and powerless
- Have unexplained injuries that go untreated

The abusive person may:

- Show extreme jealousy and want to keep the woman isolated
- Have an inability to cope with stress and show a lack of impulse control. (This may not necessarily appear outside the home)
- Have a poor self-image and blame others for problems
- Show severe mood swings
- Have a history of abuse in their own family and may have been abusive in courtship
- Present a history of personal and/or family discord, unemployment, cruelty to animals, abuse of alcohol or other substances, and other unexplained behaviors

To learn more about the dynamics of domestic violence or to report suspected abuse, call the Family Advocacy Program at 298-6422.

(Courtesy Laughlin Family Advocacy)